

Did You Know...

►The minimum daily activity standard for children is 3 or more 20-minute sessions of moderate activity per day (walk, play ball, jog, skate, cycle, swim, dance, etc.). Keep track of your minutes on a calender!

►Children tend to mimic their parents, so it pays to be a good role model.

►You can organize family outings that involve physical activity - such as bike riding, skating or hiking. Involve your child in deciding which activity to do.

►Positive encouragement helps children to keep trying new eating habits and activities.

►Gradual change works better than "all-or-nothing."

Additional Information & Resources...

are available on our Web site:
www.hood-meddac.army.mil



Carl R. Darnall
Army Medical Center
Population Health Service
Pediatric Overweight Coalition
254.288.8859

Date: _____

Weight: _____

Height: _____

% BMI for Age: _____



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Carl R. Darnall Army Medical Center

OPERATION Fit Families



Guide to Healthy Lifestyles & Obesity Prevention

www.hood-meddac.army.mil

Carl R. Darnall Army Medical Center, Fort Hood, Texas OPERATION FIT FAMILIES

Guide to Healthy Lifestyles & Obesity Prevention

Population Health | Ruth Holje Manuele, MPH, RD, LD



How many healthy lifestyle activities can you find on the map?

Can you identify the Unhealthy Activities?





We encourage our Fort Hood military families to develop healthy habits to keep their weight and health optimized. Whether you are new to the area or just haven't explored all the resources available to you, we hope Operation Fit Families (OFF) can help you find what you need to:

- GET MOVING
- ENJOY HEALTHY EATING
- BUILD HEALTHY RELATIONSHIPS
- PREVENT UNHEALTHY WEIGHT GAIN

The Benefits of Exercise Include...

- Development of basic motor skills
- Improved physical fitness to include better endurance, flexibility, higher peak bone density, and proper level of body fat
- Decrease future risk of disease
- Reduced anxiety and stress
- Improved self-esteem and confidence
 - Social interaction and skill development
 - Fun and enjoyment!



Where to Go For More Activity...

City Parks and Recreation
for organized sports like martial arts, baseball, ballet, and swimming...

Killeen:
2201 E. Veteran's Memorial Blvd.254-526-0550
www.ci.killeen.tx.us

Copperas Cove:
1206 W. Ave. B254-547-9247
www.ci.copperas-cove.tx.us

Harker Heights:
307 Miller's Crossing254-953-5657
www.harkerheights.com

Fort Hood
Child & Youth Services254-287-8436
2nd floor of Copeland Soldiers Center
Centers are open:
Tue. - Fri. 2:30 - 8 p.m., Sat. 12 - 8 p.m.

Fitness Centers and Pools254-287-6987
www.hoodmwr.com

Parks
Fort Hood:
BLORA (Belton Lake)
Patton Park (playground)
III Corps Track
Hood Stadium Track
Bronco Youth Center (playground, track, and skate park)

Killeen:
Condor Park @ 810 Condor St.
Long Branch Park @ 1101 Lake Inks Ave.
Lion's Club Park @ 1600 Stan Schlueter Lp.
Lion's Neighborhood Park @ 1307 Culp
Marlboro Park @ 2902 Veteran's Memorial Blvd.

Harker Heights:
Carl Levin City Park @ FM 2410 & Miller's Crossing
Kern Park @ Ann Blvd & Stacie
Cardinal Park @ Cardinal and Crymes Lane

Copperas Cove:
Highland Park @ 1203 Craig St.
Heritage Park @ 1929 Pleasant Lane
Kate Street Park @ 603 Kate St.
High Chaparral Park @ 1310 High Chaparral
South Park @ 2602 Dennis Dr.
City Park Complex @ 1206 W. Ave. B

Healthy Eating Habits...

Dieting is not the answer for growing children. Instead kids should be encouraged to play each day and to eat healthy foods instead of junk foods. This helps a child to grow into a healthy weight.

- Eating meals together as a family.
- Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, & lowfat popcorn.
- Vary your vegetables. Choose a wide variety of colors.
- Focus on fruits. Eat them at meals & at snack time. Choose fresh, frozen, canned, or dried fruits & go easy on the fruit juice.
- Get your calcium-rich foods to build strong bones. Serve low-fat & fat-free milk and other milk products several times a day.
- Go lean with protein. Eat lean or low-fat meat, nuts, seeds & beans to meet your protein requirements.
- Change your oil. Get your oil from fish, nuts, and liquid oils such as corn, soybean, canola, & olive oil.
- Don't sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of their first ingredients. Added sugars add calories with few, if any, nutrients.



Attend One of Our Parenting Classes...

►Ages 0-3 New Parent Support Program
.....287-2286

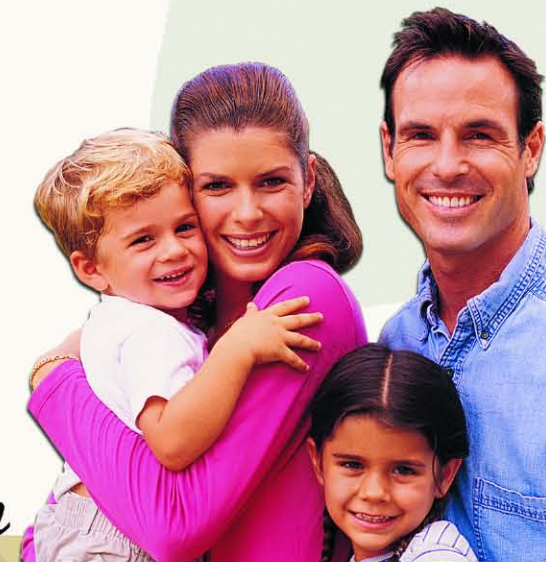
►Ages 4-12 Family Advocacy Program
"Common Sense"618-7443

►Ages 12+ Family Advocacy Program Teen
.....287-6505

►**CAPEs** (Child and Adolescent Psychiatry Evaluation Service) accepts patients who are referred from various clinics, schools and the legal system. Parents and individuals may also contact CAPEs.
.....254-288-8731
.....from 7:30 a.m. to 4:30 p.m.

Individualized Diet Counseling & Questions Welcome...

Do not hesitate to bring up concerns about your families' weight to your primary care provider. They can assess any impact on your health (like blood pressure, diabetes risk, and heart disease risk) and provide additional resources. Make an appointment with a Registered Dietitian in the Nutrition Care Clinic at Carl R. Darnall Army Medical Center (254-288-8860). Self-referrals are welcome.



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